

# VOLUME 1, ISSUE 3

## *The Proverbial Woman*

### Rooted and Grounded in Love

Matthew 13:18-23, Mark 4:14-20, & Luke 8:11-15

Volume 1, Issue 3  
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#### Special points of interest:

- Summer ideas
- Visit <http://www.proverbialwoman.com>
- Kid's crafts
- Everyday ideas and tips for you.



It's hard to imagine that love is so vitally important to the believer, but if we consider that G-d is love then love's importance begins to shine clearer and clearer. The word tells us that "faith works by love", and if we as the just shall

live by faith, then we must also have love working in our lives.

So how do we become rooted and grounded in love? First we look at love like anything else that comes from the heart of G-d, love must be planted like seed. If we begin by considering life as a garden that has to be planted, we first must create a plan as to how we're going to set out our garden. Just like a gardener decides where the carrots will go and the tomatoes, we need to get our plan for the garden of our lives. Our master plan must come from the Master Planner, from G-d. First we know that the word of G-d is seed and therefore we can find the elements of our garden within the words of the Bible.

A garden has to be tended daily, even before it is planted. The hardened plot of land we intend to plant must be tilled, the rocks and pebbles cast aside and all thorns and weeds removed as well. So now we see the analogy of the garden, and we liken it to our hearts. In our hearts are hardened areas. These must be tilled with prayer. We need to get G-d involved in this garden. His vantage point is far superior and He will shine the candle of His love in the places that need worked on. Next we see the rocks and pebbles, the temptations, afflictions, persecutions and offenses that come when we decide to stand on G-d's word. We need to really press into the love of G-d here, trusting Him as we go through these hard times. We want the roots of our love to grow deep and strong, so these obstacles must be removed. Our next step is to get rid of the thorns and weeds; the cares of this world, the deceitfulness of riches and lust of other things. By casting our cares on G-d, knowing He cares for us, we can deal with care or anxiety. Again, prayer is a great tool to use in this garden. Recognizing that the riches and

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## Dreams, Visions and Nightmares



**Dealing with dreams, visions and nightmares does not require a degree, just a little understanding.**



*“Dreams are an important part of your soul-life”.*



**“Please don’t pinch me, I don’t want to wake up”.**

You wake up in the middle of the night covered in sweat. You’ve just had a nightmare and it seems impossible to go back to sleep. You toss and turn and finally rise all washed out from lack of sleep? Sound familiar? What about when you’re in the middle of the best adventure of your life, you’re just about to accomplish some remarkable feat and you wake only to discover you’ve been dreaming.

Both of these seem rather disappointing, but in all actuality they are an important part of your soul-life. The world has special people who interpret dreams. Our Bible has men who were gifted by G-d to interpret dreams. Not all dreams are spiritual in nature, some come from a multitude of business (Ecc. 5:3). Still others come from too much television or from reading books and magazines that concentrate on terror or fear. I’ve been known to have nightmares after watching too much news and too little time in the word.

There are those dreams that do come from the Lord. These dreams come while searching for answers from G-d. They are full of spiritually significant tidbits of truth and answer deep longings of your soul. Still other spiritual dreams come to young men to focus their paths towards the things of G-d. Joseph as a youngster had such a dream. It centered his thoughts on G-d and longing to understand it’s meanings, he held the visions in his heart. These are good, but in this article I will focus on the other sort of dreams as they are more prolific.

As is pretty common with everything I share in through the “Proverbial Woman”, my source of information is the word of G-d. Reading soothing scripture references before you go to bed can have a wonderfully calming effect on your sleep habits. If you deal with a great deal of fear, Psalm 91 will help alleviate those fears. Proverbs 3:24 tells us that if we keep G-d’s words in our heart we can have sweet sleep, free from fear and terror. If we realize we’re over-taxed at work and our

minds are too full, we will not be terribly surprised when we have dreams about our jobs. Also, if you eat greasy or spicy foods just before you sleep, you may have a wild dream or two. A little common sense will go a long way to help conquer the nighttime dreams that turn to nightmares.

Nightmares or dreams in children take understanding, patience and lots of love. Children work out things in their sleeping hours that they can’t work out in their waking hours. They can’t always express what they are feeling or what has happened to them. If they have been traumatized in some way unbeknownst to the parent, nightmares may be the manifestation.

- Taking time to talk with your child on an everyday basis is very important. That way life’s little changes don’t become big surprises.
- Nightlights and nighttime investigations of closets and under beds can alleviate a lot of pre-bedtime stress.
- Avoid telling scary stories or watching television full of fear is important too. The word tells us to think on things that are lovely, of a good report and to cast down vain imaginations. Teach your children to cast down imaginations by speaking to thoughts that are full of scary images. Teach them to address the adversary for themselves. Let them know they have power over the evil thoughts and dreams that come their way.
- Lullaby music at bedtime can help your child develop a calm sleeping atmosphere. For adults a nice mood tape with water sounds can achieve the same feel.
- Don’t let your children sleep in your bed. If you want to sit next to them while they fall asleep, good, but developing habits such as sleeping with dad and mom can cause other types of problems.

## Rooted And Grounded (continued)

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wealth aren't the answers to all our problems is integral. Ecclesiastes tells us that "money answers everything", but wisdom tells us that it isn't *the* answer to everything. If you lust or love anything more than you love G-d you are in idolatry. Knowing this will help you make the decision to put down anything that takes more of your time than G-d gets.

So we have some ground that is all

## Oldies But Goodies

I have a favorite book called "Manners And Culture Dress" written in 1892. It has some old ideas that are just as fresh today as they were over 100 years ago. Here is one section dealing with arriving too late to dinner as a dinner guest:

"If you are too late, the evil is still greater, and indeed almost without a remedy. Your delay spoils the dinner and destroys the appetite and temper of the guests; and you yourself are so much embarrassed at the inconvenience you have occasioned, that you commit a thousand errors at table. If you do not reach the house until dinner is served, you had better retire to a restaurant, and thence send an apology, and not interrupt the harmony of the courses by awkward excuses and cold acceptances."

The shame of this little paragraph

prepared. Our hearts are free of obstacles and choking weeds. We have seed from G-d's word and we can now plant it in our hearts. We have prepared the way of the Lord and can begin to plant the crops we find in the word. Our next step is to water it, weed it and keep the birds away from it. We go to sleep and rise up and before you know it, with a little faith and patience we inherit a lovely crop! Look at all those roots.



Your heart is the ground for the seed of G-d's word.

is that people don't care if they're late. There is a cliché used now "fashionably late" which folks use to excuse late arrivals. It's really awful to try to keep food fresh and warm long after the scheduled time for dinner. Most hosts assume the guests aren't arriving and serve larger portions to folks who have arrived on time. Then the late comer arrives and there simply isn't enough food to go around. Worse yet, the solitary dinner guest arrives late to dry or cold food and a dry and cold reception.

Whenever you're invited to a dinner or out to eat, do your best to arrive on time, or better yet a tad early. If changes have to be made everyone is ready or friendly conversation can be had while the host finishes meal preparation.

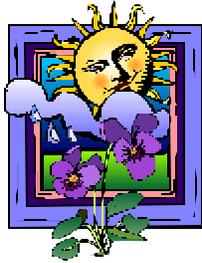
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*"There is no such thing as "fashionably late."*



Better never than late.

## Low Cost Decorating Idea



Good ideas don't have to cost a fortune to be good.

One of my favorite decorating ideas is a really inexpensive one. First I take a really lovely greeting card that either someone has sent me or I've found in one of my everyday shopping trips. Next I purchase an acrylic photo frame/shadow box at the local hobby store. I usually have a remnant of fabric that will compliment the card and after removing the acrylic box from the cardboard under box, I cover the cardboard with the fabric remnant using "hospital corner" folds and tape to secure it on the back of the box. I then place the greeting card

in the middle of the fabric covered cardboard box and add perhaps a ribbon rose or some other accent to one corner of the card. I then replace the acrylic sleeve over the cardboard and find an appropriate place to hang it. A beloved card now serves a dual purpose, to remind me of the giver and to decorate my wall. The box runs around \$3.00 and fabric is free. You can also use buttons, or cutouts from the scrapbook section of your local hobby store. Silk flowers make good accents too.

## Down And Out or Up and Over

*"As a man thinketh in his heart so is he."*



Up or Down; you choose.

In the midst of the most difficult trials the temptation to just give up can be overwhelming. The evil powers in high places seem to press in like the walls of the junkyard "crusher". The quarters you occupy can seem as if they too are crumbling around you and your only thought is to cave in to doubt, fear, anger, wrath and unbelief. So what's a woman to do? You have some choices and I'll make a very simplistic list of constructive things you can do:

- Get on your knees and cry out to the Lord.
- Read several chapters from the book of Psalms. King David knew hardship and victory and shared both ends of the battle.
- Sing out praises to G-d.
- Write out a list of things that have blessed you in the recent past.
- Make a list of hard places Gd has delivered you out of.
- Go do something for someone else less fortunate than yourself.
- Get out and talk with someone you trust without focusing on the problem. Focus on the answer to the problem.
- Speak to doubt like the enemy it is. Rebuke it and cast down vain imaginations. 2 Corinthians 10:5.
- Stay away from the television and sitting around thinking about the problem. Do something constructive.
- Listen to preaching tapes by someone who focuses on faith and hope.
- Open the drapes, turn on praise tapes and dance around the house!
- Take a hot bath with worship music and candlelight.

## Starry Summer Nights

If you look into the sky at night in the summer you will see a myriad of beautiful shimmering stars. You may or may not be able to identify them. Here is an idea for a summer project for you and your children. All you will need is a simple telescope and an Astronomy Guide available from your local bookstore. The following is a short list of the main constellations that you can easily spot looking into a summer sky.

- Ursa Major
- Ursa Minor
- Draco

- Hercules
- Virgo
- Leo & Leo Minor
- Lynx
- Cepheus
- Ophiuchus
- Libra

The Lord gave us the sun, moon and stars as signs of things happening in the heavens. Why not share these godly wonders with your children?



Twinkle, twinkle  
little star, how I  
wonder what you are?

## Our Town

Got any old shoeboxes sitting in your closet collecting dust? You know you plan to use them for something someday, but all they are doing is taking up space. Why not put them to use, entertain your kids and spend time with your children at the same time?

First you will need some brown paper bags, the kind like groceries come in. Open the bag where it is glued to make a single flat piece of brown paper. You will use this paper to cover your boxes. It may take more than one bag to cover the boxes. You can use glue, tape or staples to secure the paper to the boxes. Once the boxes are all covered you can look for pictures of windows and doors in old magazines. You can also find all sorts of architectural treatments in magazines. Cut them out and glue or

paste them to the boxes for windows, doors, light fixtures, window boxes or whatever else you find. You can also cut out words to make building labels such as "Police Station", "Toy Store" etc. If you're a bit more creative you can come up with some really fun buildings for your town. Here are a few of my ideas:

For a Spanish influence building glue popsicle sticks for beams every so many inches on the roofline of your building. Glue on dried beans to give a textured feeling.

Cut a popsicle stick in half and sand the round edge using a fingernail emery board. Glue them together to make a cross. Glue this cross on the top of one of your buildings and make a church. Don't forget to make some stained glass windows.

*"To create a really snazzy town why not use cigar boxes? They come in all shapes and sizes and can be bought fairly cheaply at smoke shops. They also make good treasure boxes and kids love them."*



Better than Sim  
City!



## THE PROVERBIAL WOMAN

*A virtuous woman, who can find?*



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WE'RE ON THE WEB:  
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## Pray Ye One For Another.....

Do you have a prayer need and want someone to pray the prayer of agreement? Why not send your prayer request to either the snail mail or email address on the left? All requests are held in strictest confidence and will be seriously treated as if my own. We need each other and there is no better way to come out of a hard situation than to pray for someone else.

## ProverbialWoman.com

I just want to share the great response I've had with the website: <http://www.proverbialwoman.com>. We've had thirty countries visit the website. I've had one salvation from California, many prayer requests, and one attempted suicide averted through a few love-filled emails and prayer. In the first four days of June we had 289 hits from the Bahamas alone! In the month of April we had over 18,000 hits. I consider this a real blessing since I uploaded this website in late November of 2001.

Many of you have emailed me to tell you that you enjoy the website and the newsletters, and I love the feedback. One day I'm believing to be able to do a TV

program called "The Proverbial Woman", but in the meantime I'm so blessed by the response to the website and newsletter.

One of my favorite things to do is to find search engines and register the website. If you know of one that I might not be aware of, why not send me an email or better yet, why not register [www.proverbialwoman.com](http://www.proverbialwoman.com) for yourself. I can be reached at [cerise@proverbialwoman.com](mailto:cerise@proverbialwoman.com). I'd love to get a card from you so why not send one via snail mail to the address above. If you'd like to send a photo for my prayer wall, I'll gladly add your name to my prayer time. Thanks everyone and keep those prayers going up.  
Cerise Welter



Have you found the pearl of great price? G-d's word is just such a pearl. It's worth selling all you have and investing in.